

# Westminster Council on Aging February 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



Happy Birthday  
To All Seniors  
Celebrating  
In February!



*We push, we strive, we hurry, we worry.  
We reach for the stars, we plot, & we plan.  
Our days are filled with going and doing,  
With wanting more  
and hoping for better.*

~ Author Unknown

THE COUNCIL ON AGING WISHES TO EXTEND  
HEARTFELT SYMPATHY TO THE FAMILY & FRIENDS OF  
~ LOUISE GARLAND WHEELER ~



## TO ALL WESTMINSTER SENIORS,

As we go into another new month, my staff and I hope everyone is doing well and staying safe. We are doing our best here at the Senior Center to stay on top of the COVID-19 news. Governor Baker's Office has restricted inside gatherings to ten people, limiting the Senior Center to small group activities. We are still receiving items from the local food pantry and Heywood Healthcare if you are in need of food. Please call my office at 978-874-7402 with any concerns, questions, or just to talk. We are here for you during these challenging times.

~ THINKING OF YOU ALL! ~

Sue Fisher (Director)  
Michelle Johnson, Pat Streeter, Kathy Lawrence,  
Dan Novak, & Jayne Perior



## Elizabeth Kalmansson, Attorney at Law

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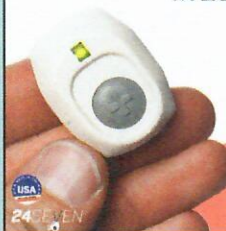
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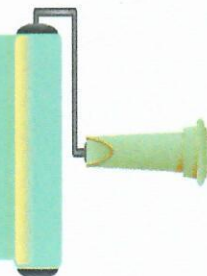
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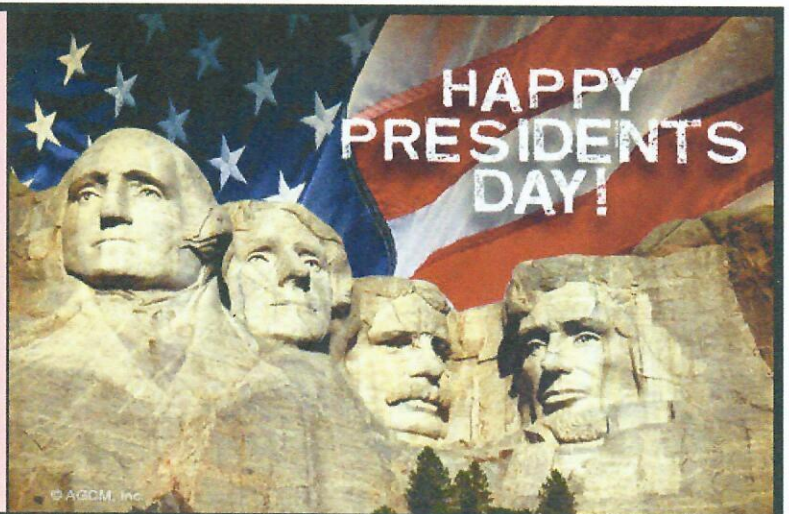
# 2020-2021 EMERGENCY HOME HEATING ASSISTANCE PROGRAM

The Westminster Board of Selectmen have instituted an Emergency Home Heating Assistance Program (EHHAP) for eligible Westminster residents. Funding for the program is provided from monies available in the Fred Smith Poor Fund as well as the Giles Fund. To be eligible, residents must have lived in Town for the past six months or longer and must meet income eligibility guidelines established by the most current HUD low-income limits for the Westminster area. Assistance will be granted in the form of direct payment from the Town to suppliers of home heating fuel (including oil, gas, coal, wood, pellets, etc.)



Applications are available on the Town website and at the Westminster Senior Center. If you prefer an application be mailed to you, please call the Senior Center. Once your application is completed, please submit it to the Town Administrator, Town Hall, 11 South Street, Westminster, MA 01473.

**THE SENIOR CENTER  
WILL BE CLOSED  
MONDAY, FEBRUARY 15  
IN OBSERVANCE OF  
PRESIDENTS' DAY.**





# Coffee with the Chiefs

Thursday, February 11  
1:00-2:00 pm



Please Join Westminster's  
Acting Police Chief, Ralph LeBlanc  
Fire Chief, Kyle Butterfield

All are welcome to the Westminster Senior Center to personally meet with the Chiefs of Your Town... while enjoying complimentary coffee & refreshments. This is a great opportunity to ask questions, voice concerns, and share information in a friendly, casual setting. We hope to see you then!



Valentines of pink and red, special words of kindness said.  
Small surprises, funny jokes, paper hearts, and pretty notes.  
The best part of Valentine's Day, is that I get the chance to say,  
Today, and for the whole year too, I love having a friend like you!

Happy Valentine's Day! Sunday, February 14

## Free Tax Assistance & Preparation AARP Foundation TAX-AIDE



The AARP Foundation is again providing free tax assistance and preparation plus e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

Due to COVID-19, all returns will be done remotely. In order to utilize this program, each taxpayer must have access to a computer, an internet connection, and an email address. Also, their computer must have the capability for video meeting (conferencing).

Appointments are now being accepted by calling your local Senior Center. Further details of the remote tax assistance process will be provided when you make your appointment.



The Westminster Council on Aging Board Meeting will be held Tuesday, February 9, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend. **\*\*Please note time change.**



# Senior Home Inspections

**Sponsored by the Westminster Fire Department**  
**Available to Westminster Senior Residents (Age 60+)**

- ◆ We will replace battery operated smoke detectors & make sure your house is up to code
- ◆ We will replace battery operated CO detectors
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- ◆ Kitchen safety information
- ◆ General fire safety tips
- ◆ Heating information
- ◆ Advise on tripping hazards
- ◆ Answer any questions

➔ To sign up, please call the Senior Center (978-874-7402). The Westminster Fire Department will then contact you directly to schedule your appointment.



## THREE WAYS TO AVOID COVID-19 VACCINE SCAMS

While vaccination details are getting worked out, here's what you can be sure of:

1. You can't pay to put your name on a list to get the vaccine. **THAT'S A SCAM.**
2. You can't pay to get early access to the vaccine. **THAT'S A SCAM.**
3. Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **THAT'S A SCAM.**

Ignore any vaccine offers that say different, or ask for personal or financial information. Learn more at [ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams).



# Valentine's Day Word Search

c g f l o w e r s i p  
j s w e e t h e a r t  
e f p a c u p i d a e  
v h o i k a c p s r t  
a o g u y h e a r t s  
l o v e r r d e g o f  
e k r a p t r r o w r  
n r i r o s e s p x i  
t o h s d r d e i r e  
i s u h s p i n n h n  
n r g a r e l l k t d  
e o s c h o s r o s h  
s w e e r t s f r i e  
v c h o c o l a t e k

valentine  
arrow  
cupid  
hearts  
love

red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses



# WHO HIBERNATES?

*Think hibernation is just a long sleep? Think again. While it's true our breathing and heart rate slow down while we're asleep, the changes that happen during hibernation are much more dramatic. Hibernation is extreme drops in heart rate, breathing rate, and body temperature - all for more than a day. People tend to think of bears when they think of hibernation, but bears aren't the only ones who conserve their energy by lowering their body's metabolism. In fact, some scientists think that bears aren't true hibernators at all. So...who hibernates?*



**COMMON POORWILL - HIBERNATES:** Found in the United States and Mexico, these are the only birds known to hibernate. Their body temperature drops from 38 degrees Celsius to about 5 degrees Celsius.



**AMERICAN BLACK BEAR - SORT OF HIBERNATES:** Black bears spend several months each year in a winter den, but are not considered "true" hibernators by some. This is because their body temperature only drops by around 3 to 5 percent.



**HUMMINGBIRD - DOESN'T HIBERNATE:** Found in the Americas, hummingbirds do not hibernate, but like many birds, they go into a daily (or in their case, nightly) state of torpor, in which their breathing and heart rate slow down. They do this during migration to save energy for the next leg of the journey.

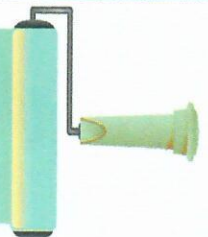


**HUMAN - DOESN'T HIBERNATE:** Do you dream of spending winter under the doona? Unfortunately, people can't hibernate, but scientists have discovered that some of our close relatives, lemurs (found in Madagascar), can. So, who knows, maybe we will be able to one day.



**ECHIDNA - HIBERNATES:** Did you know some Australian animals hibernate? Echidnas do - they're found all over Australia including in the chilly Australian Alps.

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